

# Give 'em a Hand!



## Lesson 2: How to Wash Your Hands



### **Objective:**

- Students will learn and demonstrate proper hand washing technique.

### **Vocabulary:**

- |            |           |
|------------|-----------|
| ▪ Sickness | ▪ Prevent |
| ▪ Germs    | ▪ Shots   |
| ▪ Flu      |           |

### **Materials Included in Classroom Kit:**

- Lesson guidelines
- Wash Your Hands posters
- “How to Wash Your Hands” Song lyrics
- Give ‘em a Hand Maze and Word Search
- Incentives: clappers (to be used during song)

### **Materials Needed:**

- Sink and soap (to wash hands)
- Paper towels (to dry hands)

**Estimated Time for Lesson:** 30 minutes

### **Lesson Part 1:**

**Define what causes sickness (germs) and describe how germs are spread from one person to another.**

*Today we are going to talk about some of the ways we get sick and how to prevent spreading germs to other people so they don't become sick also.*

1. Share with the students:

*Sometimes we become sick because we catch something from other people. Does anyone think they know what causes sickness to spread between people? (germs)*

*Germs are very, very small—so small you can't see them. When germs get inside our bodies, they can make us sick.*

*How many of you have been asked to use a tissue when you cough or sneeze?*

*Coughing and sneezing can spread germs if you don't use a tissue.*

*How many of you have been asked to wash your hands before dinner?*

*Sometimes germs are on your skin and get into your body by touching things that go into your mouths.*

*Have you been asked not to drink out of someone else's glass? Germs stay on the things we use. If we use someone else's glass, we might get their Germs.*

### **Wash Your Hands Song**

Teach your students the Wash Your Hands song. Remind them that they should wash their hands with soap and water for at least 20 seconds -- about the length of the hand washing song. During the part of the song that includes the “clap, clap” (as written in parentheses), the teacher can choose to designate different students to use the “hand clapper” to make the “clap, clap” noise. Once the students learn the song, ask them to use it while washing their hands. Teach students how to wash their hands appropriately and ask them to sing the handwashing song while washing to ensure they are doing so for at least 20 seconds.

Use the Wash Your Hands poster to teach the proper handwashing techniques which include:

- Wet your hands under warm running water, and then add soap.
- Rub your hands together with soap while singing the Wash Your Hands or Happy Birthday song twice.
- Rinse your hands under warm running water.
- Dry your hands with clean, disposable paper towels.

After the lesson, display the poster in the classroom or restrooms.

**Title: Wash Your Hands!**

**Music: “If You’re Happy and You Know It”**

If you’re sick and you know it  
Wash Your Hands! (clap, clap)

If you’re well and you show it  
Wash Your Hands! (clap, clap)

Use soap and water  
It’s really not a bother

Take 20 seconds  
Wash Your Hands! (clap, clap)

Use soap and water  
It’s really not a bother

Take 20 seconds  
Wash your Hands! (clap, clap)

**Teacher’s Note: Encourage the school’s music teacher to use this song during music class. It can be used as a warm-up song year round to reinforce the hand washing message.**

***Lesson Part 2: (Can be used as a take-home lesson)***

**Reinforce vocabulary and concepts by having students complete a Give ‘em a Hand Maze and Word Search.**

1. Ask the students:

*How do we wash our hands? What do we use? (soap and water)*

Give the students the Maze and ask them to connect the hand to the soap.

2. Reiterate with the students:

*Remember that we become sick (or pick up a disease) because of germs. What are some ways germs spread? (Coughing and sneezing, not covering your mouth or nose when you cough or sneeze, not washing your hands, or sharing cups and other items our mouths touch).*

*Does anyone remember what are the 5 ways to prevent the spread of germs?*

*(handwashing, cover your cough and sneeze, stay home when sick, don’t share cups, and get a flu shot).*

*What are some words related to spreading germs, preventing the spread of germs and becoming sick (i.e. words from wordsearch—clean, cough, disease, germs, handwashing, shot, flu, soap, water, etc.)*

Give the students the Give ‘em a Hand Wordsearch as ask them to find the words just discussed related to preventing disease.